**East Burke**

**Football**



**Nutrition Guide**

Nutrition Guidelines

* To develop into lean, injury-free, explosive athletes, we need to place a high priority on what we put into our body.
* Treat your nutrition plan like a campfire. You must consistently throw logs on the fire for it to continue. If you don’t, the fire burns out. If you do not consistently put nutrients into your body, you will burn out by using muscle as fuel and counteract the effects of lifting.
* Eat BREAKFAST! After sleeping for 8 hours, your body needs a “break” from a “fast.” Think of breakfast like a racecar. A racecar begins a race with a full tank of gas and when fuel runs low, they stop and put more gas in the tank. Imagine a racecar starting a race with no fuel, or a little fuel left from the race before. It would putter out early in the race. Treat your body like a racecar and fill up before your day begins (no later than 90 minutes after waking up) and keep filling up your tank throughout the day.
* If these factors are ignored and an athlete does not properly fuel their body, they are getting little to no benefit from their workout, and can be counterproductive, as the body will actually use muscle as energy; eating away at the muscle you work hard to build in your body.

As an Athlete, What Should My Diet Look Like?

**Carbohydrates**:

The body’s primary source of energy. The majority of Carb intake should be Complex (grains), not Simple (sugars).

Veggies are fibrous source of carbs that should be eaten with every meal.

Carbs not used as fuel will be stored as extra calories…FAT!

**Proteins**:

The building blocks for muscle. Protein is used to repair and rebuild muscle fibers.

Post workout meal should consist of a large amount of protein with carbs. The ½ hour following workout is called the “window of opportunity.”

**Fats**:

Fat should make up no more than 20% of your total caloric intake.

It is important no to completely cut fat from your diet to insure vitamins A, D, E & K absorption.

Know the difference between good fat and bad fat:

**Good Fats**: Peanut Butter, Flax seed/oil, Fish oil, Nuts, Vegetable oils, Avocado, EVOO

**Bad Fats**: Anything fried, Saturated fats, Coconut oil, Palm oil.

**Supplements**:

Supplements do exactly what the name says…**supplement** a balance diet! If it sounds too good to be true, it probably is!

**Good choices**:

Protein supplements, such as powder, bars, etc.

A generic multi-vitamin to insure RDA’s are met.

Grocery List

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| --- | --- | --- |
| **Protein**  **Meat**  90% or higher lean ground beef  Boneless/skinless chicken breast  Steak  Ham  Pork Sirloin  Pork Tenderloins  Turkey Breast  Turkey Tenderloins  Lunch Meat  **Fish**  Cod  Crab  Scallops  Shrimp  Orange Roughy  Tuna  Halibut  **Dairy**  Lowfat Cheese  Cottage Cheese  Eggs  Skim Milk  Yogurt-Lite  **Beans**  Kidney  Pinto  Refried  Baked | **Carbs**  **Breads**  Whole Grain Wheat  Rye  Tortillas  **Cereals**  Special K  Toasted Oatmeal Squares  Grape Nut Flakes  Bran Shredded Wheat  High Fiber Cereals=Best  **Potatoes**  Red  Sweet  **Rice**  Brown  Red Beans and Rice  Black Beans and Rice  **Fruit**  Apples  Bananas  Grapes  Oranges  Strawberries  Peaches Pears  Kiwi  Cherries  Blueberries  Frozen | **Vegetables**  **Frozen**  Broccoli  Cabbage  Carrots  Cauliflower  Celery  Corn  Cucumbers  Asparagus  Green Beans  Lettuce  Mushrooms  Onion  Peas  Bell Peppers  Tomato  **Add-Ons**  Non-fat butter spray  Honey  Olive Oil  Vinegar-any kind  Salsa  Lite Soy Sauce  Marinara  BBQ sauce  Ketchup/Mustard  Salad Dressing-low fat  Miracle Whip Lite  **Snacks**  Baked Lays  Popcorn  Pretzels  Tortilla Chips |

Sample Daily Food Plan

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Breakfast**  **Before School**  Eat food or protein shake w/ carbs  **Lean Proteins**  Eggs  Fat Free cottage cheese  Ham  Low Fat Yogurt  Omelets  Skim Milk  **Quality Carbs**  Fresh Fruit  Oats/Grains  Oatmeal  Whole Grain Breads  High Fiber Cereals | **Snack #1**  **After 1st Block**  Food and/or Meal Replacement  **Food**  Trail mix  **Meal Replacement**  Protein Bar  Protein Shake | **Lunch**  **At School**  Lean Proteins  Chicken Breast  Turkey Breast  Tuna  Ham  Roast Beef  **Quality Carbs**  Fresh Fruit  Vegetables  Potatoes, not fried  Whole Grain Breads  Baked Lays  **Salad** | **Snack #2**  After School  Post Workout  Chocolate Milk  Protein Shake  Protein Bar  PB & J | **Dinner**  **5-7 pm**  Whatever is for dinner  **Lean Proteins**  Chicken Breast  Steak  Turkey  Shrimp  Fish  **Quality Carbs**  Beans  Fresh Fruit  Potatoes, not fried  Brown Rice  Sweet Potatoes  Vegetables  Whole Grain Breads  **Salad** | **Snack #3**  **If needed**  Cottage Cheese  ½ Sandwich  1 tsp Peanut Butter  Chocolate Milk  Small Protein Shake  ½ Protein Bar  Popcorn  Left Overs |

\*\*Food suggestions are not limited to what you see, be smart and make quality choices.

\*\*It is better to eat bad then not at all.

\*\*Do not skip meals.

Put together meals by starting with a lean protein, add veggies and consume carbs when you need them. If you are working out that given day, you need them before and after your workout.

**Food Preparation:**

The way meats and foods are prepared is IMPORTANT!

Vitamins and minerals lost and fat content are effected by the way foods are prepared.

This list will help you prepare food at home or help when eating out.

If you have any questions, so not hesitate to ask.

BEST-Baked, Smoked, Steamed, Barbequed, Boiled, Grilled, Poached.

GOOD-Braised, Broiled, Roasted, Rotisserie, Simmered, Stewed.

WORST-Deep Fried, Pan Fried, Sautéed.

\*These are NOT all the ways that foods are prepared…this should help you on your way.

\*They are not ranked in any way.

**Eating on the go/good fast food choices:**

Fortunately, it has become easier to eat healthy on the road.

Good Choices:

Subway-load up on the veggies, especially spinach…avoid the meatball and pastrami.

BK&McD-Broiled chicken sandwich (no mayo), salad w/ low fat dressing…NO FRIES!

Pizza-Veggie, ham/pineapple, BBQ Chicken. Avoid white sauce and fatty meat.

Taco Bell/Mexican-Bean Burrito, chicken taco/burrito…ask for boiled beans, if possible.

\*Avoid soda, sugary drinks, and milkshakes…H2O and skim milk when possible.

**Hydration**

Fluids in the body have numerous functions and are essential to well being and life. For an athlete, excessive sweating is an everyday occurrence and as sweat evaporates from the skin, it cools they body and regulates body temperature. If we do not drink enough water, the body will begin to overheat, leading to low performance and even dangerous consequences. **Make drinking water a daily routine by stopping at the drinking fountain between each class.** Keep in mind that drinks with caffeine work against hydration. You should drink enough H2O to urinate at least 4 times daily.